**IAODAPCA Spring Conference 2023**

Unbiased Treatment-Planning Exercise

**Client Description:** Your client is a 40-year-old, single Puerto Rican, transgender female, referred to treatment by her parole agent. The client was incarcerated due to a conviction for felony drug possession. She explained, “I drink, but I don’t drug any more. That fentanyl stuff scares the sh-t out of me!”

At intake, the client expresses anger about her treatment in prison and shows you, her new counselor, evidence of injuries sustained while she was incarcerated, including scars on her face and arms and you notice a limp when she walks and some stiffness when she gets up from a sitting position. “If they weren’t trying to cut me because I was Puerto Rican, they were abusing me because they don’t like transgender people!” Your client struggled, while in prison, to obtain the medications she needed to sustain her gender status and is struggling now, as she does not have medical insurance.

The client has been out of prison for two months and resumed daily drinking, around a fifth per day, in the first week after her release. She admits drinking since she was in high school. She denies history of seizures but describes some memory loss in recent years. She does not know whether she has any other health problems related to drinking, since she had been in prison for two years prior to her release.

The client is currently living in a halfway house on the West side of Chicago, but says she would like to find different housing because of the way she is being treated there, as well. “I wish I could find someplace where people will accept me.”

The client denies suicidal or homicidal ideation, but reports nightmares, hypervigilance (“I am always looking over my shoulder!”), and flashbacks to a particularly bad beating she received when first incarcerated.

The client’s parents are still in Puerto Rico, but she has two younger, adult siblings living in the Chicago area. Neither sibling was willing to offer her a place to say, but the client describes her sister as supportive of her gender identity, but feels concerned about the client being in the same home with the client’s young nieces and nephews, since she continues to drink daily. The client’s brother is a member of a gang and the client believes her brother set her up by asking her to “hold” the drugs she was caught in possession of. She tearfully states, “He hates me because I am queer. I think he wanted me to go to prison!”

Dimension I: What should you take into consideration when determining level of care, based on the lack of abstinence?

Dimension II: What are the medical issues and how will the client’s gender identity affect your decision-making when you are accessing appropriate medical care?

Dimension III: What are the mental health challenges for your client? Consider what kind of treatment would be appropriate and consider where there might be a safe option.

Dimension IV: What might cause this client to lose motivation for change? What can be provided in treatment planning to enhance motivation for change?”

Dimension V: What might be the likely relapse triggers for this client and how will you assist her to respond to those triggers?

Dimension VI: This client has struggled to find a safe recovery environment. What might be some feasible alternatives for this client?